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Louschoopers' Chat

Friday, October 25, 1929.

NOT FOR PUBLICATION

Subject: "Getting the Most From Your Refrigerator." From Bureau of Home Economics, U. S. D. A.

Publications available: "Household Refrigeration Charts." May be bought for 20 cents from the Superintendent of Documents, Government Printing Office, Washington, D. C.

--ooOoo--

"I heard your talk on "The Care of Milk in the Refrigerator,"" says a radio housewife. "Now I wonder whether you have any pointers on the care of vegetables, eggs, meat, and so forth. Also, will you tell me whether wrapping ice really saves ice?"

Answering the last question first, yes, wrapping ice may save a little ice, but it does not save food.

Before we go into that, however I want to describe the series of six charts, on household refrigeration, which have been prepared by the Bureau of Home Economics. The charts show the temperatures required for keeping different foods. A series of diagrams show how the location of the coldest place in the ice box differs with the design.

How to handle raw and cooked meats, and the rate of increase of bacteria in milk held at different temperatures are shown by pictures and graphs. The advantage of keeping the ice chamber well filled is given in terms of temperatures based on records kept by the bureau.

Let's go over the six charts, one by one--and see what they are like, and what we can learn from them.

Chart Number One is labeled: Using the Temperatures in a Good Refrigerator. On this chart there is an illustration of an ordinary household refrigerator, filled with the foods most of us keep therein.

In the coldest part of this refrigerator, below the ice chamber, are milk, butter, broth, desserts, and milk dishes. The temperature in this compartment is not over 45 degrees Fahrenheit. In the next coldest compartment, not over 47 degrees Fahrenheit, are kept the uncooked meats, poultry, and a covered jar for salad materials. In the next coldest, not over 48 degrees, are such foods as cooked meats, and berries. The "Not Over 50 Degrees" compartment holds cooked vegetables, eggs, fats, and leftovers. Fruits and vegetables are safe and sound in the 52 degree section.

So much for Chart Number One. Turn that over, and we have Chart Number Two,



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which bears this good advice: "Be sure that milk and meat are placed in the coldest section." Three styles of refrigerators are shown on this chart--but you'll have to see them to understand them.

So we'll pass to Chart Number Three, which is all about "Care of Meat in the Home." Do you know that meat should be unwrapped as soon as it is delivered? Do you know that uncooked meat should be placed in an uncovered dish? Cover it loosely, if at all. If the meat is cooked, it can best be stored by covering it loosely, with oiled paper, to prevent too rapid drying out. Then, keep the uncooked meats in the 47 degree section of the ice-box, and the cooked meats in the 48 degree section.

Chart Number Four will have to be seen to be appreciated. It explains how a low temperature will check the development of bacteria in milk. If you could just see these diagrams, you'd get a better understanding of how rapidly the bacteria increase in milk, when it's kept in a warm place. As I told you yesterday, milk should be put into the refrigerator just as soon as possible after it is delivered and kept in the coldest part of the refrigerator, where the temperature does not register above 45 degrees Fahrenheit.

Chart Number Five gives us some more good advice. In big black letters, says Chart Five: "Do not let the ice get below the danger line. A well-filled ice chamber means lower temperatures." For instance, here's a refrigerator filled with 80 pounds of ice. The coldest section has a temperature of 42 degrees. The ice melts to 50 pounds, temperature rises to 44 degrees. Ice melts to 20 pounds, and the temperature rises to 47 degrees. So, "do not let the ice get below the danger line. A well-filled ice chamber means lower temperatures."

The last chart, Chart Six, answers the question about saving ice, by wrapping it. "Wrapping may save ice," explains Chart Six, "but it does not save food. Unwrapped ice melts slightly faster, therefore it gives lower temperatures and furnishes cold surfaces for the condensation of odors." If you want to know just how much you save, by wrapping ice, it's a penny a day. But let's remember that We're trying to save food, not ice.

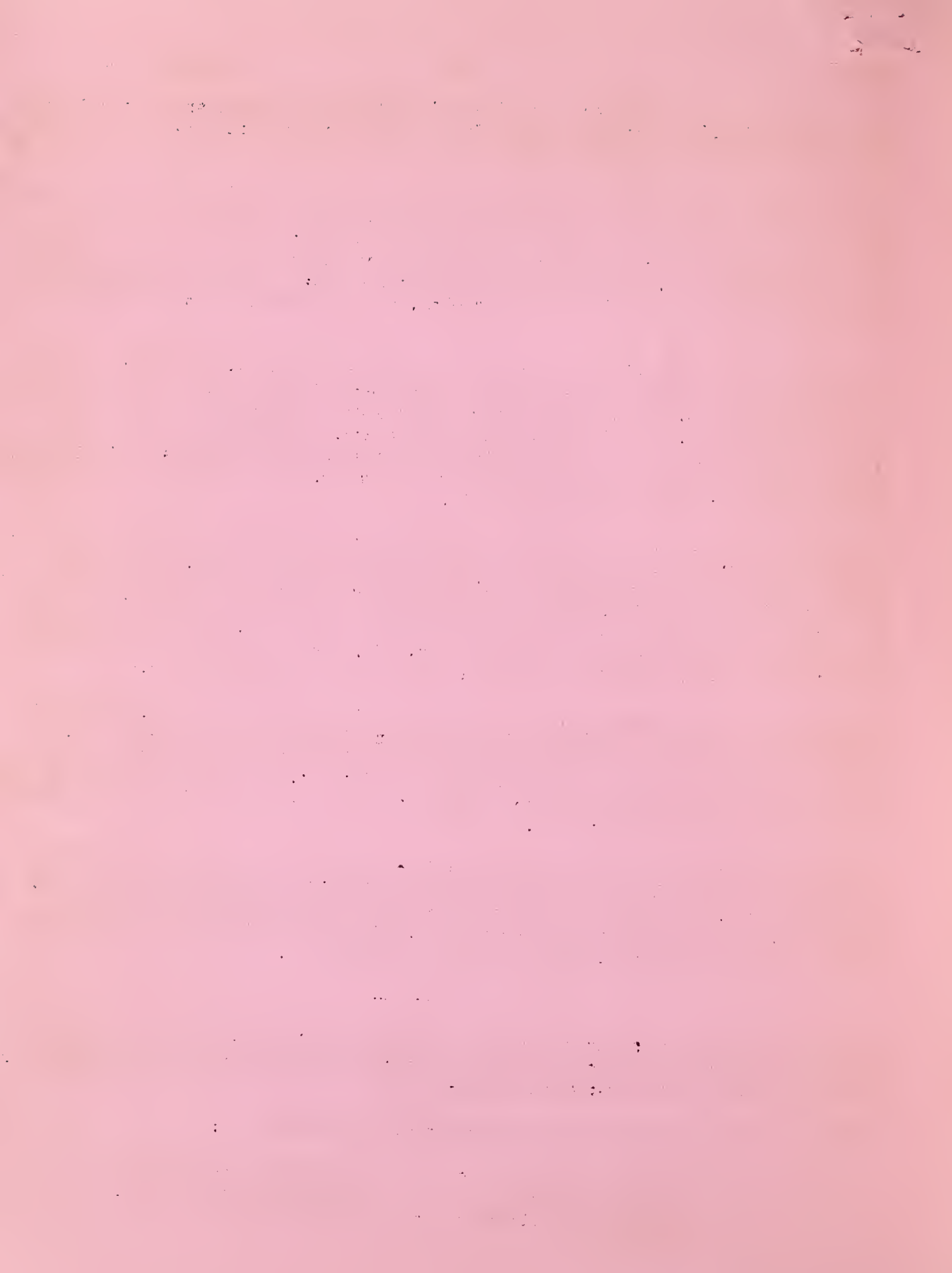
I wish I could send you these charts free, but they must be bought from the Superintendent of Documents, Government Printing Office, in Washington, D. C. The six charts, 16 by 20 inches in size, are printed in black and white on heavy paper. They cost 20 cents, for the six. I think they'd be especially useful for teachers who are handling classes in home economics.

The last feature on our program today is Sunday dinner--a very easily prepared menu: Ham and Sweet Potatoes en Casserole; String Beans; Lettuce with Russian Dressing; Ginger Pears; and Deep Dish Apple Pie.

Here's the recipe for Ham and Sweet Potatoes en Casserole:

1 slice ham, cut into	1 tablespoon ham drippings
sizes for serving	2 tablespoons sugar, and
3 cups raw, sliced, sweet	1 cup hot water
potatoes	

Five ingredients, for Ham and Sweet Potatoes: (Repeat)





Brown the ham lightly on both sides and arrange it to cover the bottom of a baking dish. Spread the sliced sweet potatoes over the ham, sprinkle with the sugar, add the hot water and drippings, cover, and bake slowly until the ham is tender. Baste the potatoes occasionally with the gravy. Brown the top well.

I gave you the recipe for Ginger Pears last month, but if you like, I'll repeat it.

Four ingredients, for Ginger Pears:

8 pounds pears, not too ripe	2 lemons, and
4 pounds sugar	5 or 6 pieces of ginger root, 1 to 2 inches long.

Let's repeat the four ingredients, for Ginger Pears: (Repeat).

Wipe the pears, remove the stems, quarter, and core. Cut the pears into small pieces. Add the sugar and the ginger. Let stand overnight. In the morning, add the lemons cut in small pieces, rejecting the seeds, and cook until thick. Watch the mixture carefully lest it stick and scorch. Do not let it cook down so long that the rich amber color is lost. Remove the fruit when it becomes clear. Then concentrate the juice. An asbestos mat under the kettle will prevent sticking. When the juice is thick, replace the fruit, heat it thoroughly, pour into hot clean jars, seal, and store in a cool place.

Dish

The Deep/Apple Pie is apple pie with a top crust only, and baked in a baking dish instead of in a pie pan.

To repeat the menu: Ham and Sweet Potatoes en Casserole; String Beans; Lettuce with Russian Dressing; Ginger Pears; and Deep Dish Apple Pie.

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